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TRAFFIC

Halifax council to decide on new electronic roadway signs



Stephanie Taylor
Metro | Halifax

Council will be deciding this week whether to partner with Halifax Harbour Bridges to fund a nearly \$2.1-million project to add more electronic signage to roadways around HRM.

In a new report, set to go before regional council on Tuesday, staff are recommending that the city's chief administrative officer sign an agreement with the bridge commission, dividing the costs of the signs equally.

The report explains the "variable message signs" are typically installed on major roadways and have "been shown to be very

effective in alerting motorists to incidents, weather conditions and planned road closures, resulting in fewer collisions and reduced travel times."

The report indicates the bridge commission installed six signs along the harbour bridges and their approaches years ago.

Five more areas have been identified as priorities: Highway 102 at Miller Lake and Bayers Lake, Highway 101 near Beaver Bank Road, Highway 118 near Dartmouth Crossing and Barrington Street near Cornwallis Street.

Municipal budgets have included \$60,000 to partner with the commission to design the new signage, plus \$1 million towards construction and \$10,000 in operating costs.

+ NEXT STEPS

If council moves forward, the bridge commission retains ownership of the signs.



TECHNICOLOR DREAMS

Dartmouth resident Patricia Gonzalez Rivero helps paint a mural on the back of the Findlay Community Centre on Sunday. The project aimed to create the Findlay Wall, an outdoor film-screening space. More coverage in [metroNEWS](#). JEFF HARPER/METRO





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City staff want stormwater fee

INFRASTRUCTURE

Residents angered over \$39 line item on water bills



Stephanie Taylor
Metro | Halifax

Despite many residents' fury over a new stormwater fee

appearing on their Halifax Water bill, city staff are recommending that the charge stay put.

A new report headed to regional council Tuesday is asking that the municipality uphold a decision made in January 2014, allowing the utility to collect the annual \$39 fee — to cover maintenance costs for its stormwater infrastructure — on its quarterly water bills.

Initially, the utility billed the city directly for the

+ MORE INFO

Staff say the fee could be rolled in HRM's general tax rate, recognizing the "shared responsibility of roadway and stormwater service delivery across the region," for a cost of \$16 per home, but would be less transparent.

\$3.9-million cost, but then, for the sake of transparen-

cy, council voted to transfer the charge over to ratepayers through an annual fee collected on their water bills.

In April, council voted to rescind that January 2014 decision, and re-directed staff to prepare a report with options on how to collect the stormwater charge in future years.

Many councillors argued that residents were upset by their steeper water bills.

In their new report, staff explain that keeping the fee as status quo "is straightforward

for the Halifax Water customer, since both the 'Site-Generated Flow' and 'Right-of-way' stormwater charges appears on the same Halifax Water bill."

The only downside is that the fee would rise to \$41 in 2015-16, and would not be collected from everyone who benefits from the right-of-way stormwater service.

If the city were to re-collect the charge, says the report, it could do so using the same per-property charge for

homes in the stormwater service area.

However, because there are 3,500 properties that use Halifax Water but do not pay property taxes, some people would be exempt from paying the fee, according to staff.

Another option would be including the charge on the area rate bill for all properties in the commuted area, costing homeowners around \$17 per year, yet adding "further complexity to the HRM tax bill."

ATLANTIC PLAYLAND

Residents will decide expansion

People who live near Atlantic Playland in Lucasville will decide Monday night if the water park should be allowed to add more rides and more slides.

The water park's owner, Lalainya Biasotti, said in May she wants to add to the experience at Atlantic Playland and give Haligonians a place to go and splash around close to home.

According to a staff report, Biasotti wants to add about 10 new rides and seven new water slides to the park, and expand on existing structures like the canteen and the wax museum.

That means a new agreement is needed between the park and the city.

The original was tabled in 1990 and doesn't allow for any

expansion. The proposal would throw that out, and create a new agreement, allowing the expansion of the park, with buildings up to 10.6 metres high and rides up to 16.7 metres high.

Following staff's recommendation, the Northwest community council approved the development. Now, the public gets its chance to weigh in, before the proposal heads to city council.

If approved, Biasotti says, the timeline of construction would depend on the park's attendance over the coming summer.

Monday's meeting is scheduled for 7 p.m. at the Springfield Lake Recreation Centre in Middle Sackville.

ZANE WOODFORD/METRO



EXPO KIDS JUST WANT TO CYCLE Junior cyclists make their way through an obstacle course on the Emera Oval on Sunday. The course was part of a bicycle expo put on by the Halifax Cycling Coalition as part of Bike Week in Halifax. JEFF HARPER/METRO

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Pooches, people strike a pose in photo booth

DARTMOUTH

Pound hopes to raise adoption rates through event

Heide Pearson
Metro | Halifax

Funny faces, top hats and feather boas were just some of the props available for people and animals to wear in the photo booth at Homeward Bound City Pound on Saturday afternoon.

The Dartmouth pound held a photo booth where people of all ages could come and get a glamour shot with a furry friend.

"We wanted to take a picture with Truffle," said Lucy Macdonald.

She and her friend Cecilia Rieksts were there to get their photo taken with their favourite dog.

The girls usually come to the pound once a week to volunteer and walk the dogs.

"It's good to enjoy taking a picture with like, a shelter dog," said Rieksts. "It would make (people) happy."

The pound hopes that by bringing in more people to meet and interact with the dogs and other animals, it will increase adoption rates.

"The kids are great to have here," said animal-care



Lucy Macdonald and Cecilia Rieksts pose with shelter dog Truffle at the Homeward Bound City Pound photo booth in Dartmouth on Saturday. HEIDE PEARSON/FOR METRO

specialist Sarah Wilson.

Wilson said they got the idea from a shelter in the United States that had put its dogs in a photo booth and had its adoption rates go up.

"The hope is that people come in and see our dogs and see how awesome they are with people," said Wilson.

She said getting new people through the door gets people talking, which helps the dogs go to loving homes.

Most people got their photos taken with dogs, but there were also bunnies and a cat available for a photo-op.

Eliza Macdonald wanted to have her photo taken with a

bunny and she got creative, putting the rabbit in a hat like she was a magician.

"It seemed really cute, all the little pictures you could do," said Eliza.

Eliza said her sister Lucy is always on the website and when she saw that there was a photo booth happening, they just had to stop in.

Alanna Erdle and Christian West came down to have their photo taken with a shelter pooch. They already have an adopted pet and are thinking about getting another one.

"I think that adopted pets are the way to go," said Erdle.



Eliza Macdonald poses with rabbit Chestnut at the Homeward Bound City Pound photo booth Saturday. HEIDE PEARSON/FOR METRO

BYELECTIONS

Votes set for three ridings

Provincial byelections in three Nova Scotia ridings have been set for July.

Premier Stephen McNeil announced Saturday that byelections will be held in Dartmouth South, Cape Breton Centre and Sydney-Whitney Pier.

The byelections will take place on July 14.

The Cape Breton riding of Sydney-Whitney Pier was previously held by Gordie Gosse, while Cape Breton Centre was represented by Frank Corbett.

The men, who were both NDP members, both resigned from the legislature in April.

The Dartmouth South riding has been vacant since the death of Liberal member Allan Rowe in March.

THE CANADIAN PRESS



Allan Rowe METRO FILE

IN BRIEF

NSCAD professor accused of voyeurism

A 48-year-old Halifax man has been charged with 10 counts of voyeurism following a police investigation.

Halifax Regional Police Const. Pierre Bourdages says the incidents involve 10 women who were known to the accused. The incidents are alleged to have taken place in Halifax within the past two years.

Bourdages said he could not identify the accused because the information has not yet been sworn in court.

Police made an arrest in connection with the investigation on Purcell's Cove Road in Halifax on Thursday afternoon.

According to reports by CBC, the man arrested is an associate professor at NSCAD.

METRO

CRIME

Police rescue pair of dogs locked in hot car downtown

Halifax police say they rescued two dogs from a hot car downtown Friday afternoon.

They say an officer spotted the two long-haired dogs panting heavily with no access to water, stuck in a car on the waterfront at about 12:20 p.m.

The windows were down slightly, but the officer could still feel hot air coming from

the car. He used a coat hanger to unlock the door and let the dogs out.

Police ask people not to leave pets in their cars, even if it's just going to be a few minutes, saying a vehicle on a hot day is "like a furnace and presents potentially fatal conditions for pets left inside."

METRO

+ CHARGES DUE

Halifax Regional Police say the dogs were in the car for over an hour, and charges are expected to be laid under the Animal Cruelty Act.

BAYERS ROAD

Man runs into road, gets hit by vehicle

A man was treated for minor injuries after being struck by a vehicle on a busy Halifax roadway.

The accident happened around 5 p.m. Saturday when, according to police, a 30-year-old man ran from the sidewalk and into the road at 7015 Bayers Rd. near the Bayers Road Shopping Centre.

Police said after the victim was hit, he was helped by a nurse who was in the area and then later by paramedics, who took him to hospital.

A police report didn't specify if the man would be ticketed for running into the road. METRO

MORE LOCAL NEWS ONLINE

CULTURE

Greek Fest draws festive crowds

Great food, traditional costumes and live music brought the Greek experience to Halifax for the 30th annual Greek Fest.

People of all ages came out to the Greek Orthodox Church on Purcell's Cove Road throughout the weekend to take in the cultural experiences.

Greek school Junior Dancers performed traditional steps while dressed in unique cultural dress for crowds of people on Saturday afternoon.

Friends Sarah Spencer, Kate Sutherland and Joanne Hewitt were sitting by the water enjoying some Greek donairs. They said the food brought them out to take in the festivities.

"They were delicious — so good," said Sutherland. "I might have to get another one."

It was all three ladies' first time coming out to a Halifax Greek Fest.

"We're enjoying the music and the atmosphere," said Spencer.

A live band entertained the festival guests after the traditional dancers left the stage.

“We're enjoying the music and the atmosphere.”
Sarah Spencer

"Lovely entertainment here; the dancers are great" said first-time Greek Fest attendee Andrew Cutler.

People enjoyed a wide variety of traditional Greek foods at the event: Greek potatoes, souvlaki, spanakopita and homemade tzatziki.

"It's the first time I've ever had traditional Greek food, so I've been loving it," said Cutler.

"The spanakopita was the best part, the highlight for sure," said Jennifer McDonald.

Festival-goers also enjoyed traditional Greek coffee, or Kafes, which is boiled in a special coffee maker and has to be stirred exactly 20 times in one direction and then 20 times in the other to make it perfectly. If you order a Kafes, you get to pick your own tiny colourful cup.

HEIDE PEARSON/FOR METRO



Junior Dancers perform on stage at Greek Fest 2015.

HEIDE PEARSON/FOR METRO



Dartmouth artist Lee Cripps works Sunday on a community mural she designed on the back of the Findlay Community Centre. For more photos, visit metronews.ca. JEFF HARPER/METRO

Stroke of opportunity

DARTMOUTH

Residents create mural and outdoor movie theatre



Haley Ryan
Metro | Halifax

Tulips are now blossoming, geese swimming and cats playing all over a Dartmouth wall thanks to artistic vision and lots of neighbourhood spirit.

On Sunday, residents around the Findlay Community Centre on Elliot Street gathered to create a colourful mural — as well as a large white space on the back wall, where outdoor

movies will soon be projected from a grassy slope behind the building.

"This just kind of screamed opportunity," said Sarah Metherall, resident and co-organizer of the theatre project, on Sunday.

Metherall said the project began this March when a group of residents looked at the unused back wall and thought there must be a better way to take advantage of the space.

They teamed up with HRM and got a place-making grant to collaborate with an artist on what they'd like to see in a mural, Metherall said.

The community then gathered a couple times to brainstorm ideas for what they love about their part of Dartmouth

“It just makes it a destination.”
Maura Donovan

that could go in the mural, Metherall said. Ideas included a spunky neighbourhood cat who lies on everyone's cars, tulips for nearby Tulip Street, the Halifax ferries and geese from Sullivan's Pond.

Lee Cripps, a Dartmouth artist who was approached to design the mural, stenciled the outlines in last week for everyone to paint on Sunday — and was a little nervous about their reactions.

"But everyone was very supportive and happy, and

people seemed to love the work," Cripps said after taking a break from painting high up on scaffolding.

"It's that energy that I think is special for Dartmouth."

Kids of all ages played on the jungle gym, ate popcorn or painted the mural, aided by a volunteer such as Maura Donovan, who lives right behind the building.

"We're looking forward to having the movies come to the neighbourhood. I think that will be really fun to have people here at night," Donovan said.

Metherall said the first outdoor movie night (film to be decided) is planned for August, with another in September and more hopefully next summer.

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FRANCE: Paris Police Gymnastics Team and Motorcycle Team
GERMANY: Heeresmusikcorps Ulm, Gym Wheel Team Taunusstein, Bicycle Team

NORWAY: His Majesty the King's Guard Band and Drill Team
OMAN: The Royal Army of Oman Pipes and Drums
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Guidelines released for \$5m inquiry into orphanage abuse

FORMER RESIDENTS

NS Home for Colored Children issues blanket apology

Former residents who alleged decades of physical, psychological and sexual abuse at a former Halifax orphanage received a long-awaited apology from the home's board Friday, during the unveiling of the guidelines for a \$5 million inquiry promised by the provincial government.

Sylvia Parris, chairwoman of the Nova Scotia Home for Colored Children, made the apology during an event in Upper Hammonds Plains attended by former residents of the home as well as elected officials and representatives of the Halifax police and fire departments.

The home is now a short-term residential facility for children of all races.

"We the board leadership of the home apologize to the former residents and staff who suffered or experienced harm at the home," said Parris.

The apology followed one given last fall by Premier Stephen McNeil in a special ceremony at the provincial legislature.

McNeil was at Emmanuel Baptist Church Friday, where details were released on the inquiry he promised would come this year.

"We know that one inquiry will not solve every issue of racism and equality in Nova Scotia," McNeil told the audience at Emmanuel Baptist Church. "But we're hopeful



Premier Stephen McNeil talks with former resident Robert Borden after extending an apology to all of the former residents of the Nova Scotia Home for Colored Children, at the legislature in Halifax on Oct. 10, 2014. ANDREW VAUGHAN/THE CANADIAN PRESS

this will mark a new beginning and a new way forward, one that we can walk together."

The inquiry is expected to begin in October and to take up to two and a half years.

"Some painful truths will come to light over the life of

this inquiry," said McNeil. "The results will challenge us to do things differently. Meaningful change will not be simple and it cannot be superficial."

Tony Smith, a former resident of the home and a member of the group that de-

signed the terms of reference, said releasing the report signifies the province is formally moving ahead with the inquiry.

"It's unique. It's something that's unheard of, but we're doing it to build relationships and to move forward so that hopefully this will never happen again," Smith said in an interview.

Smith said the terms of reference are designed to ensure the process differs from a typical public inquiry and creates an environment where people

+ DETAILS

The inquiry will be overseen by a council that includes former residents and members of the home's board, as well as government representatives and members of the African Nova Scotian community.

The inquiry will take place throughout the province in a way similar to the truth and reconciliation process involving First Nations people.

It will include a trained team to help people participate in a safe way and with a commitment to doing no further harm.

A task group composed of government and community members will also meet throughout the inquiry process to review what's been learned and to implement next steps. Members of the task group will be selected in the coming weeks.

can speak openly about their experiences.

"We call it the restorative inquiry because we're not doing the traditional public inquiry... we didn't want to have it as some kind of courtroom setting where you're just being asked questions and then you're really not being able to tell your complete story."

Smith said participants want the inquiry to have meaning and the intent isn't to place blame on anyone.

THE CANADIAN PRESS

POLICE Woman arrested for fraud

Halifax police have arrested a 52-year-old woman who they say defrauded one man on Spring Garden Road by posing as someone experiencing homelessness, and may have defrauded many more people.

They say they heard from a 23-year-old victim after he noticed his debit card was missing and his bank account was empty.

Police allege Diane Christine Kennedy approached the victim saying she was hungry. He went to an ATM with the woman and then to a restaurant to buy her food. While at the ATM, police say Kennedy watched the victim type in his PIN, and then stole his debit card at the restaurant.

Kennedy, they say, has a habit of this behaviour, and has charges before the courts for doing the same thing to other people throughout the downtown core.

"We do believe this individual was targeting individuals after they left the bar scene... when some may have had a couple of drinks (and) may not be completely aware of what's happening," said Halifax police spokesman Pierre Bourdages.

Officers arrested Kennedy on Thursday, and charged her with theft, possession of stolen property and fraud under \$5000.

Police say more charges are expected, and urge any other potential victims to contact them.

Bourdages warns, protect your debit card and protect your PIN, because "once someone else has it, it doesn't take long to take a lot of money out of your account."

ZANE WOODFORD/METRO



Firefighters battle the blaze. CAPE BRETON POST

WHITNEY AVENUE

Sydney laundromat damaged by blaze

A landmark Sydney business was devastated by fire on Saturday evening.

Firefighters were called to the Ashby Laundromat on Whitney Avenue just past 8 p.m. and immediately began tackling the blaze and hosing down the building.

The flames shot high into the sky and smoke could be seen across the city.

The fire attracted hundreds of people who stood by and watched the

fire crews battle the fire into the darkness.

An immediate damage assessment was not available, but it appeared that at least the roof and front facade of the laundromat were consumed.

Firefighters did a remarkable job to save the adjacent house located just a few short metres away.

Emergency crews detoured traffic around the area.

CAPE BRETON POST

2015	SUPREME COURT OF NOVA SCOTIA	Hfx No. 436215
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Police threat a joke: Lawyer

COURT

Judge expected to make a ruling on the case next week

An alleged threat by a Halifax man to hurl a box containing a poisonous chemical at police was an absurd mix of contradictions that amounted to a joke, a defence lawyer argued Friday in closing arguments before the Nova Scotia Supreme Court.

Mike Taylor told Justice David MacAdam that Christopher Phillips's emailed comments to a fellow chemist in the U.S. about throwing a vial of osmium tetroxide were too ridiculous to be seen as a serious threat.

Phillips, whose arrest on Jan. 21 in an Ottawa hotel grabbed national headlines, has pleaded not guilty to uttering threats against police and possession of a weapon for dangerous purposes.

His arrest came after police found a large stockpile of his chemicals in a cottage and in a shed next to his home, leading to evacuations of people living



Christopher Phillips is escorted from provincial court in Dartmouth on Jan. 23, 2015. Phillips has been accused of threatening police with a potential poisonous chemical. THE CANADIAN PRESS

near the storage areas.

Crown attorney Karen Quigley said in her submission that a police investigator involved in what started as a routine check viewed the email and perceived it as threatening officers.

She also said the email should be considered along with other factors, such as testimony from

Phillips's wife that her husband's mental health was deteriorating before he departed abruptly in a cube van bound for Ottawa.

But Taylor said the wording of the email showed there was no criminal intent.

He said its text suggests a person could somehow poke a hole in a glass vial with osmium

tetroxide as police entered their home, while the person donned a hazardous materials suit and held their breath.

The email goes on to refer to a tiny stick used to poke the hole in the small vial becoming a walking stick that would later be used by the person who throws the container.

5 years

The maximum penalty for uttering a threat against police with a dangerous weapon is five years in jail.

In addition, the email speaks of the container being screwed to a credenza, which Taylor said would make it impossible to throw.

"How can that possibly be construed to be a serious comment or as an instruction to carry out some kind of attack on police? ... It's almost ridiculous to make those kinds of comments unless you're joking," said Taylor.

Quigley said in her closing arguments that Phillips seemed to have the osmium for a threatening purpose.

Christopher Phillips has been in jail since his Jan. 21 arrest after a judge rejected a proposal for Gosia Phillips to act as his guarantor and put up his bail.

The judge said he will provide a decision in the case on June 24. THE CANADIAN PRESS

IN BRIEF

Identity of body found in woods confirmed

Human remains found in a wooded area off North Framboise Road last month have been identified as those of Michelle Marie Demers-Kennedy.

Demers-Kennedy was reported missing from her Framboise residence on Mother's Day in 2013.

Her oldest son, Merlin Demers-Kennedy, 32, of Framboise, pleaded guilty to manslaughter last month and he remains in custody until his sentencing this Friday in Port Hawkesbury Supreme Court.

In late May, investigators with the RCMP's North-east Nova Major Crimes Unit identified a burial site in North Framboise and remains were located and exhumed on May 27.

With the assistance of the Nova Scotia Medical Examiner's Office, RCMP investigators were able to identify the remains.

Merlin Demers-Kennedy was arrested on Jan. 15, 2014, and in a statement to the RCMP he admitted to killing his mother.

CAPE BRETON POST

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George Rizsanyi recently relocated to Bear River, where he builds and restores guitars and mandolins. COURTESY TC MEDIA

ACCIDENT

Photo shows moment of deck collapse

A photo taken at the precise moment a deck started to collapse in Brazil Lake, Yarmouth Co., captures the shocking incident.

The victims, mostly Grade 12 students from the Yarmouth high school, gathered across the width of the deck along the railing Friday afternoon.

And then they just dropped.

Around 40 teenagers found themselves on the ground amid broken glass. The RCMP said the

drop was around 10 to 12 feet.

"It just went all at once," said student Jordan Ferguson, who suffered cuts. "There was no time to react."

Health district spokesman Fraser Mooney said they treated 20 patients in total. All were treated and released as of early Friday night, he said.

"A lot of people got cut by glass. When you tried to get up, you were cutting yourself more," Ferguson said. YARMOUTH VANGUARD



This group photo was taken the second the deck in Brazil Lake, Yarmouth County, collapsed. YARMOUTH VANGUARD

Crafting guitars for the stars

MUSIC

N.S. craftsman started career sanding wood on Saturdays

Sting's custom guitar was crafted from non-endangered sources, while Keith Richards' featured ash grown in Nova Scotia.

George Rizsanyi has made custom guitars for a list of celebrities including Sting, James Taylor, Keith Richards, Peter Gabriel, Levon Helm, Rick Danko, Bob Dylan's backup musicians and actor Donald Sutherland.

He recently relocated his business to Bear River, Annapolis Co., where he builds, restores and repairs guitars and mandolins. He also teaches restoration and guitar making.

Rizsanyi has lived in Nova Scotia since 1998 but learned his craft 40 years ago in Toronto. While he was growing up in Ontario, he loved playing guitar and dreamed of being a professional musician.

He started off on a dependable career path, taking a factory job with General Motors. It wasn't long before he was unhappy with the monotony. He recalls a day when he became so exasperated with the tedium that he asked the universe what it wanted from him.

A few days later, the universe apparently answered him through an advertisement in the local paper.

"I read about a local guitar maker who was looking for help," he said. "So I went to see him one Saturday, and he told



Even Keith Richards has ordered guitars from N.S. craftsman George Rizsanyi.

MARK METCALFE/GETTY IMAGES FILE

me to sand wood. So I sanded wood. For three Saturdays, I went there and sanded wood, and that was the beginning of the journey."

All of his guitars are crafted with hand-carved necks, bridges and inlays. He spends a lot of time with the wood before he chooses to use it — tapping it, touching it, even tasting it — to discover its unique resonance.

One of his most famous instruments — the Six String Nation Guitar — contains 64 pieces of wood, metal and stone gathered from across Canada.

In 1995, CBC broadcaster Jowi Taylor encouraged Rizsanyi to create this special guitar, which was crafted from bits of hockey sticks belonging to Wayne Gretzky and Paul Henderson, as well as shards from Nancy Greene's childhood ski, Pierre Trudeau's paddle and even decking from the Bluenose. TC MEDIA

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Scientists are looking at new ways to preserve Canadian forests.

MATT MEDLER/INTERNATIONAL BOREAL CONSERVATION CAMPAIGN/THE CANADIAN PRESS

Helping trees beat climate change

EVOLUTIONARY BIOLOGY

Scientists using genomics to aid adaption in nation's forests

Canadian scientists are helping trees outrun climate change.

"Trees are adapted to historical climate and the climate's moving out from under them," said evolutionary biologist Sally Aitken. "We're using genomics to generate answers more quickly than they can."

Foresters have long known that the best seeds for replanting forests comes from trees in the same area, said Aitken, whose research at the University of British Columbia is financed by Genome Canada. Trees within a couple of hundred kilometres or a few hundred metres of elevation are precisely adapted to local conditions.

But winters have become

warmer. Rainfall patterns are changing. Bugs such as the mountain pine beetle and fungi such as blister rust find congenial new homes. Trees would eventually adapt on their own, but slowly.

"It takes decades, and we don't have decades," said Aitken.



It's really in the last month that we've gotten the results that show it works.

Sally Aitken, evolutionary biologist

In an effort to speed things up, she and her colleagues are digging into the genomes of lodgepole pine and white spruce to look for genetic patterns associated with climate. That allows researchers to analyze genetic diversity that already exists in the forest and select for charac-

teristics that will produce seeds matched to the environment where they'll be planted.

"There's so much variation already in the tree's genome," said Richard Hamelin, whose work at the Canadian Forest Service is also funded by Genome Canada. "What we are doing is developing the tools to sample that variation."

"(Once) we know what a resistant tree looks like we can go out and find more of them and include them in our breeding program."

Aitken said results show that trees bred through the program's work are showing climate adaptations very close to what trees might do on their own.

"Material from the breeding program simply grows faster," she said.

Hamelin said trees bred for resistance to blister rust are already being planted. Trees resistant to other pests are entering the breeding program.

THE CANADIAN PRESS

TRACKING

Tech allows researchers to use sea animals as oceanographers

Ocean researcher Nigel Hussey tags animals from the high Arctic down to the tropics as part of his research with the Nova Scotia-based Ocean Tracking Network, which connects scientists to the movements and behaviours of animals around the world.

The latest issue of the academic journal Science features a paper by Hussey and his fellow researchers on advances in the field of aquatic animal telemetry

— where scientists tag an animal with an electronic device to monitor its actions from a distance.

Hussey says the latest improvements in tracking technology mean scientists can do much more than follow an animal's location. He says researchers can now use "animals as oceanographers."

"You can actually use the animals to monitor their own environments," said Hussey, a re-

search associate at the University of Windsor.

Next year, Hussey plans to use receivers on narwhals and several hundred tagged Greenland halibut to observe interactions between the two species.

"Basically your narwhal becomes your monitor of sustainable fisheries. He's swimming around, giving you detections on where your fish are," he said.

THE CANADIAN PRESS

Lindhout 'happy' for arrest of alleged Somali kidnapper

OTTAWA

Canadian journalist was captured near Mogadishu

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somali kidnapper.

One officer who had stuck with the case over the past five years asked her: "Are you sitting down?" Lindhout recalled Sunday on social media.

"There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country."

"I had forgotten to sit down, and my knees gave out. I lay on the floor crying, saying the words, 'Thank you, thank you, thank you so much,' again and again," said Lindhout in a statement that was posted on her Facebook page and was also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somali national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range



Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man (inset) in connection with the case. THE CANADIAN PRESS

of emotions for Lindhout.

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion, and also — knowing that he no longer poses a threat to me or to anyone else — a sense of relief."

Lindhout, who was a freelance journalist at the time, and photographer Nigel Brennan were

I am happy that he will be called upon in court to answer for his role in the kidnapping.

Amanda Lindhout, who was kidnapped in 2008 by young gunmen near Mogadishu, Somalia

seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in get-

ting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

"The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal how he arrived in Canada.

Ader's case will be back in court June 19th. His lawyer Samir Adam said Friday he didn't have enough information on the allegations against his client to comment.

Successfully prosecuting such a case "depends on a certain level of discretion," RCMP assistant commissioner James Malizia told a news conference Friday.

The RCMP's Ottawa Integrated National Security Enforcement Team, supporting RCMP units and partner agencies have been working on the case ever since the abduction seven years ago, Malizia said.

Details of the lengthy investigation — which involved undercover operations, surveillance and wiretaps — would come out in court, he said. For now, all that matters is that charges have been laid, said Lindhout.

"I'm grateful that this man has been arrested," she said.

THE CANADIAN PRESS

OFFICES

Moving Senate may cost millions

Finding temporary offices for the Senate could cost taxpayers an extra \$24.5 million — even more than the latest big-ticket audit of expenses in the upper chamber. And it's all because of one city block.

The cost of temporary Senate offices in downtown Ottawa could surpass the \$23.6-million audit by nearly a million dollars if the Senate doesn't agree to extend its search boundaries by a single block, an internal government document shows.

Sticking with the current boundaries means Public Works would face a much costlier tender process, rather than being able to negotiate directly with a landlord. The result would cost taxpayers \$24.5 million more over 13 years than the government wants to spend.

The details are contained in a Jan. 30 briefing note to Public Works Minister Diane Finley, obtained by The Canadian Press through the Access to Information Act.

Public Works won't say how much it's willing to spend.

The Senate needs to find space soon so it can be ready for 2018 when the Centre Block is closed for badly needed renovations, displacing both the Senate and the House of Commons for almost a decade.

There are some 27 Senate offices currently without a new temporary home. They also need room for services like mail and security. THE CANADIAN PRESS

NORTH BAY, ONT.

Officials can't account for rise in babies born to addicted mothers

Community service workers in North Bay say they are dealing with an alarming increase in the number of babies born to mothers addicted to drugs.

There were 22 babies born with neonatal abstinence syndrome in the city of 64,000 in 2012-13, 31 the next year, and 48 in 2014-15, with 10 in January alone.

The big jump in numbers prompted the Nipissing Children's Aid Society to "issue a call to action" to community members because it couldn't keep up with demand, said executive director Gisele Hebert.

"The bulk of those babies seem to be in our district," said Hebert. "I'm not sure why, but the figure has grown close to 500 per cent since 2003 in the northeast."

896

The number of babies across Ontario born to mothers addicted to drugs in 2013-14, according to the Ministry of Health. That was up from 654 babies with NAS born in the province in 2010-11.

The main question at a meeting of social service agencies, community leaders and the public this week couldn't be answered.

"The question from the audience was: 'Why is this happening in our community?'" said Hebert. "We are considered in the north, but there are much more

remote northern communities than North Bay, and for example in Timmins, Sudbury, in Kapuskasing, they're not seeing these numbers."

However, Corrine Wilde, manager of addiction services with the Community Counselling Centre of Nipissing, said the problem of babies born to addicted mothers is worse in other parts of northern Ontario.

"Northeastern Ontario is the second highest number of (addicted) births, but northwestern Ontario is skyrocketing higher than we are," said Wilde.

"If you look at the population numbers, the north is disproportionately higher than the south," said Alan MacQuarrie, executive director of the Community Counselling Centre. THE CANADIAN PRESS

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SECURITY

Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or “in Mexico by now,” New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates’ escape was apparently hampered by a prison employee’s decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

“One of the reasons that she didn’t show up was because she did love her husband and didn’t want to do this to him,” he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it was unclear if the men were nearby.

“We don’t know if they are still in the area or if they’re in Mexico by now,” he said.

While many local residents remained locked in their homes at the advice of authorities, the outpouring of appreciation for the search effort continued. A restaurant was urging people to tie blue ribbons around trees and mailboxes.

But residents were very much on edge, with some saying they were keeping firearms handy just in case. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff’s deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-year-old former boss.

THE ASSOCIATED PRESS

SPACE TECHNOLOGY

Spacecraft wakes up after 7 months

To scientists’ relief and delight, the Philae spacecraft that landed on a comet last fall has woken up and communicated with Earth after seven long months of silence, the European Space Agency announced Sunday.

Philae became the first spacecraft to settle on a comet when it touched down on icy 67P/Churyumov-Gerasimenko in November. But the solar-powered probe came down with a bounce and ended up in the shadow of a cliff instead of in direct sunlight.

As a result, Philae managed to conduct experiments and send data to Earth for only about 60

hours before its batteries ran out and it was forced to shut down its systems and go silent.

Scientists had hoped the probe would wake up again as the comet approached the sun, enabling Philae’s solar panels to soak up enough light to charge the craft’s main battery. But there were fears its mission would be cut short.

“If you wait for several months and then suddenly in the middle of the night you get a call saying, ‘We have a signal from Philae,’ it’s exciting,” said Stephan Ulamec, with the German Aerospace Center.

THE ASSOCIATED PRESS

IN BRIEF

‘Topless tourist’ says sorry for offending Malaysians

Eleanor Hawkins has returned to England and apologized to the people of Malaysia for having posed topless on a sacred mountain.

The student, who served a three-day jail term, says she knows her actions were wrong. “I know my behaviour was foolish and I know how much offence we all caused to the local people of Sabah,” she said. “For that, I am truly sorry.”

Hawkins was one of four foreigners charged after removing their clothes and posing for a photograph on Mount Kinabalu.

THE ASSOCIATED PRESS

Brothel owner offers free sex to protest high taxes

An Austrian brothel is offering a summer special that competitors will find hard to match — free sex. Its owner says it’s his way of protesting a tax squeeze.

“Effective immediately: Free Entrance! Free Drinks! Free Sex!” the Pascha bordel writes on its website.

Prostitution in Austria is legal and regulated.

Hermann Mueller, who runs other brothels, says he is pushing back against unfair taxation of nearly 4 million euros in the past decade. Mueller says he will pay the women to make up for lost income.

THE ASSOCIATED PRESS



People assist a hippopotamus that has been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. At least 12 people died Sunday and about two dozen more are missing. TINATIN KIGURADZE/THE ASSOCIATED PRESS

Floods leave 12 dead, animals on the loose

GEORGIA

Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi’s ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million

with some of the animals still on the loose.

“The daytime wasn’t bad,” said resident Khariton Gabashvili, “but tonight everyone has to be very careful because all the beasts haven’t been captured. They haven’t been fed, and in their hungry state they might attack people.”

Heavy rain destroyed or damaged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing.

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.



Everyone has to be very careful because all the beasts haven’t been captured.

Khariton Gabashvil

A hippopotamus — an extremely aggressive animal with the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals may have fled to just about any corner of Tbilisi, including the forests on the steep hills in the city’s heart.

“On this small street there are five dead, three houses completely washed out and everyone is affected,” said Lamara Zumburidze, a resident of the hardest-hit section of the city. “I don’t know where to sit, where to lie, what to do.”

Some officials accused authorities of using unnecessary force on the beasts.

THE ASSOCIATED PRESS

GENDER ISSUES

Scientist’s career ends after offside joke

A week ago, Tim Hunt was a well-known Nobel Prize winner who was promoting science education throughout Europe and the world.

Today he’s widely perceived as a sexist who’s been stripped of most of his positions because of inappropriate comments about women in science.

Gone is his position with the European Research Council science committee, his role at the Royal Society, and his honorary post at University College London. He said Sunday he was fired from the latter.

Hunt’s fall followed a speech

Tuesday at the World Conference of Science Journalists in South Korea in which he said girls cause trouble in labs because “you fall in love with them, they fall in love with you, and when you criticize them, they cry.”

The comments caused a Twitter storm that quickly led to Hunt, 72, leaving his posts even as he apologized. He has said he had been trying to make a joke, but nevertheless stood by his comment that love affairs in the lab are disruptive to science.

He was vilified by many, including The Guardian’s Anne Perkins, who wrote that his

comments were “the educated man’s version” of blaming rape victims for wearing short skirts.

Hunt laments that his cherished career is finished — and some prominent women scientists who found his remarks deeply offensive said Sunday the punishment may be too harsh. Athene Donald, a leading physicist at Cambridge University, said Hunt always supported her work enthusiastically when she served as Gender Equality Champion at the university.

“I’ve spent a lot of time with him and I’ve never seen any sign of sexism,” she said.

Ottoline Leyser, a former student, said his record is otherwise unblemished. “All my interactions with him were very positive,” she said. “He was a very enthusiastic and inspirational teacher. I’ve no indications from my experience or from colleagues that he’s in the slightest way sexist.”

She said the speed with which news of his comments spread via social media has reinforced for many scientists the dangers of speaking to the press or to the public.

“We’re all of us terrified.”

THE ASSOCIATED PRESS

Tweeting the path to success

SOCIAL MEDIA

User growth slowing, so experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame, or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

But despite the buzz generated by thousands of chatty journalists, athletes and celebrities, Twitter has never turned a profit. Its user base of 302 million is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Now, with last week's exit of Twitter Inc. CEO Dick Costolo — co-founder, and former CEO,



Twitter CEO Dick Costolo, Chairman and co-founder Jack Dorsey, and co-founders Evan Williams and Biz Stone, watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE

Jack Dorsey is taking over in the interim — the company is looking for a new leader.

But first it needs to address some of its biggest problems.

Here are some of Twitter's most pressing challenges, along

with possible fixes.

Where are the users?

Its user growth is stalling and there are a lot of competitors. Besides its old rival Facebook, Twitter is feeling the heat from

mobile messaging apps such as WhatsApp, Snapchat, Instagram and a bevy of others. Twitter grew from 204 million active users in the first quarter of 2013, to 255 million a year later and 302 million in the first three months of

2015. Facebook-owned WhatsApp announced in April it has reached 800 million users.

Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors — including special channels or tabs focused on live events or topics of interest to users.

Deal with trolls

Twitter has long had a problem with trolls, online bullies whose abuse has been an ongoing issue that has alienated established and potential users. It has tried to make it easier to report threats and in April updated its policy against violent threats, but it's too early to say if this initiative has helped.

More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst

at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said. Twitter's Periscope app, which lets users share live video, is an example of what Twitter should be doing more of, Blau added.

Demonstrate Twitter's strengths to advertisers

Twitter knows something about its users' interests, but Facebook knows far more about its users' likes and habits, while Google and Pinterest can more readily predict users' buying interests. Twitter's strength, however, is drawing people's attention during live events, such as sports, breaking news and popular TV shows, said Debra Aho Williamson at research firm eMarketer.

Show investors it's serious about business

The new CEO must show Wall Street Twitter is focused on building revenue and delivering on financial targets, added Scott Kessler, a tech stocks analyst at S&P Capital IQ. THE ASSOCIATED PRESS

LOTTERY

If you win, plan carefully: Expert

Hoping to fund your retirement by winning the lottery is a ridiculous idea. Someone has to win, but banking your future well-being on a lottery ticket isn't financial planning.

But if you're fond of daydreaming about winning big — Friday's Lottomax jackpot is \$38 million — how much would you actual-

ly need to win to quit your job for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want, said TD Wealth's Kathryn Del Greco. "There isn't a magic number that you could apply to every-

one," Del Greco said.

If you do hit the jackpot, it's recommended you formulate a plan: "Before you make any rash decisions, before you start spending any money ... you really want to sit down and figure out what the purpose of this money is," said Larry Moser of BMO Invest- orLine. THE CANADIAN PRESS

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2015	SUPREME COURT OF NOVA SCOTIA	Hlx No. 436192
BETWEEN:	THE TORONTO-DOMINION BANK	PLAINTIFF
	- and -	
	KRISTA JANE BROOKES	DEFENDANT
NOTICE OF PUBLIC AUCTION		
TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:		
PROPERTY:		
ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 341 Portland Hills Drive, Dartmouth, Nova Scotia, property identification number 41141508 and described in a Mortgage dated January 11, 2013 and registered at the Halifax County Land Registry of Deeds as Document No. 102287779.		
SUBJECT TO an Easement in favour of Nova Scotia Power Incorporated as described in Book 8016 at Page 648 as Document No. 81243157.		
SUBJECT TO an Easement in favour of Halifax Regional Water Commission as described in Book 8016 at Page 642 as Document No. 81243132.		
SUBJECT TO an Agreement in favour of Halifax Regional Municipality as described in Book 6615 at Page 657 as Document No. 26019.		
SUBJECT TO an Amending Agreement in favour of Halifax Regional Municipality as described in Book 7633 at Page 384 as Document No. 10022.		
SUBJECT also to an Approach Surface restrictions as defined within the Shearwater Naval Air Station Zoning Regulations, P.C. 1964-1178 and P.C. 1966-163 (an amendment) made under Section 4 of the Aeronautics Act.		
TOGETHER with an easement, conveyed or to be conveyed, in favour of the owner(s), successors and assigns of the herein described Lot PH117, the right to enter upon a portion of Lots PH114, PH115 and PH116 identified as Parcel DE-1, and a portion of Lots BB01 and BB02 identified as Parcel DE-4 for the purpose of constructing and maintaining swales, underdrains and sewers for the conveyance of storm water, Parcels DE-1 and DE-4 as shown and mathematically delineated on the above referred to Plan No. 70-492-0 and shown on the Plan at the Registry of Deeds at Halifax as Plan No. 76476267.		
This property has been migrated pursuant to the Land Registration Act.		
A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.		
Date of Sale:	Monday, July 13, 2015	
Time of Sale:	11:00 a.m.	
Place of Sale:	The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia	
Terms:	10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.	
DATED at Halifax, Nova Scotia, the 4th day of June, 2015.		
Theresa Graham Wickwire Holm Barristers and Solicitors 2100-1801 Hollis Street Halifax, Nova Scotia B3J 2X6		NICHOLAS C.G. MOTT, Cox & Palmer



MYMETRO

Richie Islam and Roxana Olaru, Toronto

How do you two know each other?

Islam: We're dating.

What's the first thing you flip to when you read Metro?

Islam: I do the Sudoku.

Olaru: The horoscopes.

What is your commute?

Islam: I live in Markham. I take the train to go to school for graphic design.

Olaru: I'm from Uxbridge. I commute to Toronto for work and school.

What's the one spot in Toronto everyone who comes here should visit?

Islam: Kensington Market, because it's eclectic.

Olaru: The Distillery District.

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ROSEMARY WESTWOOD

metroview

We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy, or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like Jane.

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, but her friend couldn't make it that night.

She didn't even know what this play was about — she just came because she lives close by, and she loves theatre.

This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane

insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane, and, because it was now dark, to see her safely home.

I chased after her and yelled "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery store.

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home, so she'd know I was safe. We'd see another play sometime, we said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting — a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.

We should all get our say in Senate reform

HALIFAX MATTERS

Stephen Kimber



Quick now. Name me 10 things the partisan, unelected politicians occupying Nova Scotia's 10 senate seats have done in the past 10 years to influence federal laws or policies to protect our interests in ways that, say, our 11 partisan, elected members of parliament couldn't.

OK, five things in five years? One in one?

Too difficult? Then name just one sitting Nova Scotia senator (there are eight) who was *not* publicly fingered by the auditor general last week for having played fast and loose with expenses.

Our no-name senate is not — never has been — a chamber for "sober second thought."

And Premier Stephen McNeil notwithstanding, there is no evidence our upper chamber of pastured partisans provides a more effective voice for provincial interests than elected MPs or provincial governments.

Last week, McNeil dismissed growing calls for the abolition of the senate. He even said he would support reform only if it meant Nova Scotia could keep its traditional, out-of-whack-with-our-population percentage of senate seats (10 per cent) so "the founding fathers' intentions are reflected."

Did the founding fathers intend Mike Duffy's foibles? Or Stephen Harper's order to Conservative senators to kill climate change legislation passed by the House of Commons in 2010?

The problem is, under our current constitution, it would require unanimous consent

of all provinces, plus parliament — including the senate itself — to sink the senate.

An even larger problem is that Canadians themselves do not have an official place at the constitutional reform table, which is overcrowded with self-interested, tough-and-turf-protecting politicians.

While changing a constitution should never be simple, no sovereign country should have an amendment process that makes reform impossible.

So let's start with a non-binding national referendum to make referenda an integral element of future constitutional change. If enough of us voted yes, it would be hard to imagine any government or politician saying no to such a change.

With a more flexible and responsive amending process in place, we could then stage

Let's start with a non-binding national referendum to make referenda an integral element of future constitutional change.

thoughtful, public debates, and eventually vote not only on the future of the senate, but also perhaps on electoral reform or other important constitutional issues.

Involving the people? What a concept!

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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NUTRITION

Health Canada to re-examine every facet of Food Guide

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire — within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity — and now, at Health Canada, which says it has decided to re-view the country's official food rules.

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and its relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrisette wrote in an email.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 — despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food."

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot"



Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

to serve the interests of the food industry. Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Criticisms of the guide range



We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.

Dr. Yoni Freedhoff, a vocal critique of the guide

widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

Fats are absent — and they

shouldn't be, some experts say — especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate

professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says.

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on "sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a

NUTRI-FICTION

A cup a day keeps the doctor away?

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction."

TORSTAR NEWS SERVICE



prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition — with some groups, she says. But it's "not for everyone."

Joanne Lewis, of the Diabetes Association, says it's the environment of eating, including food labels, marketing and access to food — are all important to healthier eating. If anything, what's broken, she says, is "the way we implement" the food guide. TORSTAR NEWS SERVICE



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Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. ALL PHOTOS GETTY IMAGES

Underwood 'in a really good place'

AMERICAN IDOL

New mom looks back on decade of instant fame, country hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the

song she was performing on stage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK."

Now a decade later, Underwood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA



I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning.

Carrie Underwood

Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

But when she hit the stage with her hit *Blown Away*, there was no sign of nerves. Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet, even asking them to

get sassy before jumping into the song *Undo It*.

She slowed things down but still held the crowd's attention with the emotional *Something in the Water*, off last year's Greatest Hits: Decade #1 release. She ended her seven-song set by bringing down the house with a resounding *Before He Cheats*.

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on *Idol*." THE ASSOCIATED PRESS

JOHN STAMOS

Uncle Jesse got popped by the cops

IN HOLLYWOOD

Ned Ehrbar



John Stamos certainly had a wild weekend. The *Full House* star was arrested and charged with a DUI in Beverly Hills after police stopped him for erratic driving.

Stamos was first taken to Cedars-Sinai Medical Center "due to a possible medical condition," where he was formally arrested and given the citation.

Photos from the arrest show a bleary-eyed Stamos popping a squat on the curb before police decide to head to the hospital.

There's no word on what that

+ FULLER HOUSE

Stamos starred in *Full House*, which aired on ABC from 1987 to 1995. He will produce and appear in a 13-episode reboot of the sitcom for Netflix scheduled to debut next year.

medical condition might be, but he's due in court in September.

Stamos tweeted out, "Thanks to everyone for their love and support. I'm home and well," but there are so many unanswered questions here, not least of which is what, no super-hand-some mug shot?



John Stamos has been charged with driving under the influence.

XO

Bey's lawsuit kiss-off

A former Beyoncé background singer is claiming Mrs. Z stole the track XO from him. The nerve. Last year, Ahmad Lane filed a federal lawsuit suggesting that a mutual colleague passed his demo for a song called XO on to Beyoncé.

Last week, Beyoncé fired back with a response via her lawyers calling Lane's suit "vague and cryptic" and explaining that

"the two works at issue are entirely different songs that share no lyrical or musical similarity, other than perhaps the letters X and O."

Oh, and in case it needed pointing out, Beyoncé reminded everyone she doesn't need to steal anyone's tracks because she has "17 Grammy awards and 118 million records sold."

So there. NED EHRBAR/METRO

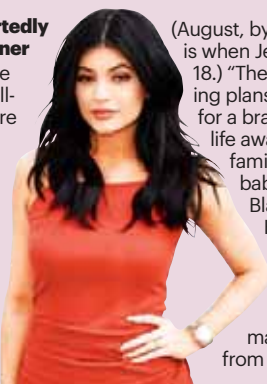


IN BRIEF: BIRTHDAY GOAL AND BOX-OFFICE GOLD

Wedding bells reportedly ringing for Kylie Jenner

How do you celebrate finally becoming a full-fledged adult? If you're Kylie Jenner, you do it by marrying your 25-year-old rapper boyfriend, Tyga, if this Radar Online report is to be believed.

"Right now their plan is to get hitched in August," a source says.



(August, by the way, is when Jenner turns 18.) "They are making plans to quit L.A. for a brand new

life away from her family and his baby mama, Blac Chyna.

Kylie is done with the constant criticism and micro-management from her family,

especially Kim, and she's dead-set on going her own way as soon as possible." Sounds good. Where are they registered? NED EHRBAR/METRO

Jurassic World takes record \$511.8M bite out of box office

Dinosaurs are anything but extinct at the box office.

Jurassic World, the fourth film in the series, became the highest global opener of all time with a staggering \$511.8 million in its first days in theatres. It also devoured a num-

ber of domestic box-office records with a \$204.6-million take, the Rentrak media-measurement company estimated on Sunday.

In addition to setting a record for 2015, *Jurassic World* is now the second-highest domestic opening of all time, right behind Marvel's *The Avengers*, which took in \$207.4 million in 2012. By the time Monday actuals roll in, there is a chance the film could dethrone *Avengers*.

THE ASSOCIATED PRESS

DAVE GROHL

Mr. Show Must Go On

Foo Fighters frontman Dave Grohl is certainly a trooper. Two songs into a show in Gothenburg, Sweden, Grohl misjudged a jump and landed in the security pit, badly breaking his leg. He was removed from the stage, but

came back an hour later with a fresh cast to play for two and a half hours seated in a chair.

Bad news for other European fans, though: Due to the accident, the band has cancelled its next two appearances in the Netherlands and Switzerland.

NED EHRBAR/METRO



Defending their offence

WOMEN'S WORLD CUP

With one goal in two games, Canadians say more will come

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in."

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast have hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's



Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach

“ Championships are won with defence.

Sophie Schmidt on the fact that Canada has yet to surrender a goal

the round-of-16 elimination games with a draw.

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early."

THE CANADIAN PRESS

IN BRIEF

Bodnarchuk, Monarchs capture Calder Cup

The Calder Cup will be coming to Hammonds Plains this summer.

The Manchester Monarchs won their first Calder Cup championship when they beat Utica Comets 2-1 in Game 5 of the best-of-seven American Hockey League series Saturday night.

Former Halifax Mooseheads defenceman Andrew Bodnarchuk, who is from Hammonds Plains, is a member of the Monarchs, the top affiliate of the NHL's Los Angeles Kings.

Bodnarchuk played in all 19 playoff games for Manchester and finished with eight assists and a plus-8 rating.

METRO AND THE CANADIAN PRESS

Scherzer dominates Brewers in one-hitter

Max Scherzer struck out a team-record 16 and threw a one-hitter, losing his perfect-game bid on a bloop single that barely fell in during the seventh inning Sunday while pitching the Washington Nationals over the Milwaukee Brewers 4-0.

Carlos Gomez got Milwaukee's only hit — a broken-bat loop to right field just beyond the outstretched glove of second baseman Anthony Rendon.

Scherzer (7-5), in the first season of a \$210-million, seven-year contract, threw his second complete game in his 211th career start.

THE ASSOCIATED PRESS

STANLEY CUP FINAL

Vermette proving valuable late in playoffs for Blackhawks

As Antoine Vermette sat as a healthy scratch on May 23, a first-round pick and a prospect looked like an overpayment by the Chicago Blackhawks for his services.

Ever since, he has been an invaluable piece of the Blackhawks' playoff run and perhaps the final piece of another championship team.

The next game Vermette scored the game-winning goal against the Anaheim Ducks, his first of three since. The most recent one came Saturday night against the Tampa Bay Lightning

+ ADJUSTMENT

Vermette went from the Coyotes' No. 1 centre to a bit player on the star-studded Blackhawks, but soon after the trade, he said he "recognized what a great opportunity it was to play for this team."

in Game 5 of the Stanley Cup final, putting the Blackhawks on the verge of winning the Cup.

"He's been at the right spot

at the right time right now," linemate Kris Versteeg said. "It's not a fluke or luck. It's been coming from hard work and some patience and right now it's paying off for him."

Vermette cost Chicago general manager Stan Bowman a 2015 first-round pick and defensive prospect Klas Dahlbeck in a deal with the Arizona Coyotes. It was one of two moves made, along with the acquisition of defenceman Kimmo Timonen, that came about only because Patrick Kane's injury opened up some salary-cap flexibility.

Bowman said before the final that he wanted to give coach Joel Quenneville depth and options. What the Blackhawks got in Vermette was a top-nine forward who has been a major difference maker late in the playoffs.

"He's scored two really big goals for us in (Tampa), and he's been a huge part of our team and our success on the offensive and defensive side of the puck," captain Jonathan Toews said.

Game 6 will be played Monday night in Chicago.

THE CANADIAN PRESS



Antoine Vermette was all smiles after scoring the game-winner on Saturday night. BRUCE BENNETT/GETTY IMAGES

Blue Jays sink Boston to equal club record

MLB

Red Sox routed as Toronto earn 11th straight win

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous.

The Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place

batter Ryan Goins homered, doubled and drove in five runs.

"Honestly, I think everybody's coming here every day knowing we're going to win," Goins said. "You put that with probably having the best one-through-six in the whole league and it makes it easier for seven, eight, nine."

Danny Valencia, batting seventh, also homered as the highest-scoring club in the majors completed a sweep at Fenway Park and sent Boston to its season-worst sixth straight loss.

This is the fourth time To-

ronto has won 11 in a row, most recently in 2013. The Blue Jays can set the team mark Monday night against the New York Mets. The Blue Jays have scored 88 runs in their streak, including 31 this weekend in Boston.

Goins' three-run homer capped a six-run fourth inning as the Blue Jays roughed up rookie Eduardo Rodriguez (2-1). Marco Estrada (4-3) gave up five runs in five innings. David Ortiz hit a three-run homer for Boston, which fell 10 games under .500.

Toronto opened a 10-0 lead in

the fifth. Chris Colabello had a RBI single and Russell Martin chased Rodriguez with a run-scoring double. Valencia then hit reliever Steven Wright's first pitch completely over the Green Monster seats.

Rodriguez gave up nine runs on eight hits and three walks in 4 2-3 innings. The Red Sox answered with five in the bottom of the inning. Dustin Pedroia and Ramirez had RBI singles before Ortiz homered. Goins' two-run double came in a three-run seventh. THE ASSOCIATED PRESS



Russell Martin greets fellow Blue Jay Ryan Goins at home after Goins' three-run home run WINSLOW TOWNSON/GETTY IMAGES

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RECIPE Lemon Chicken Scallopini



EAT LIGHT AT HOME

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Ready in

Prep time: 10 minutes

Cook time: 14 minutes

Serving size: 6

Ingredients

- 5 Tbsp + 2 tsp all-purpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 1 1/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest
- 1 Tbsp honey
- Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

Directions

1. Combine 5 Tbsp of flour,

cheese, salt and pepper on a plate. Dip chicken in mixture.

2. In a large skillet, add oil and sauté chicken for two minutes per side until lightly browned. Add wine and cook just until evaporated about one minute.

3. In a bowl combine stock, juice, 2 tsp of flour, zest, honey and salt and pepper until flour is dissolved. Add to chicken, cover and simmer for four minutes, turning once until sauce is slightly thickened and chicken is cooked.

4. Garnish with capers (if using), parsley and lemon slices. If desired, grill lemon slices for a minute per side before serving on chicken.

Nutrition per serving

- Calories 325
- Protein 37 g
- Fat 4.4 g
- Cholesterol 96 mg

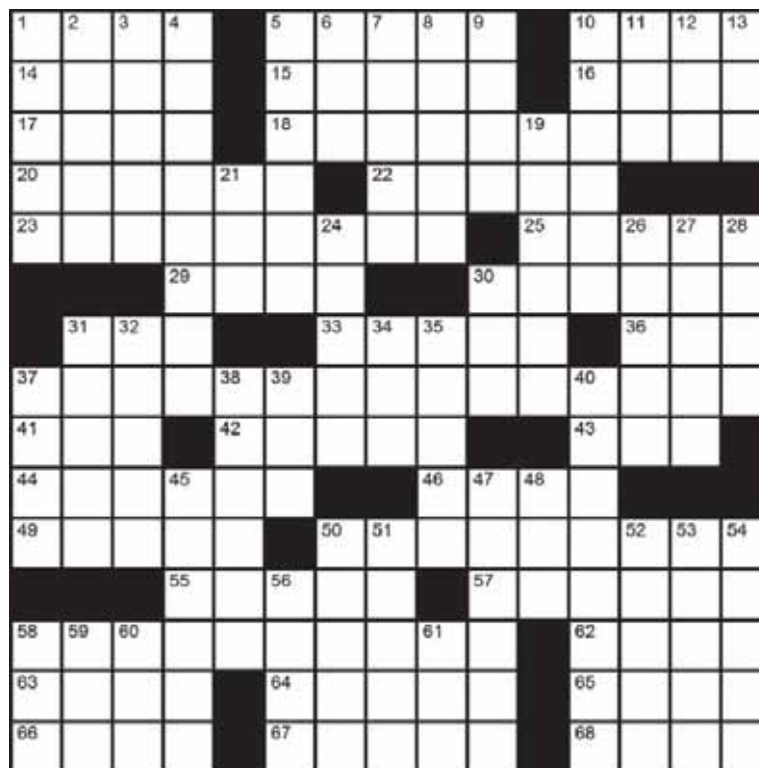
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Slope beside a river
5. ___ Bay, Nova Scotia
10. Mass of ice
14. Sarah McLachlan tune
15. More unique
16. Authentic
17. Peel
18. 54-40 tune that goes "Bitten in the valley of thirst, the body kills.": 2 wds.
20. Spotter's exclamation, "___!"
22. Topic
23. As per #4-Down... Ms. Sinclair
25. Rene of movies
29. Opening on a schedule
30. Count on
31. Play-___
33. Musical piece for Chopin
36. Dynasty of China
37. Hudson's Bay: 2 wds.
41. Pres. Lincoln
42. Alleviated
43. 100, for short
44. Straightforward
46. Quebec pronoun
49. Stagnant
50. "Thinking of You" rock band from Winnipeg
55. Biopic starring Leonardo DiCaprio, "J. ___" (2011)
57. Body of work
58. Toronto subway line, Yonge-___
62. Greek Myth: Goddess of discord



DOWN

1. Relating to Atomic Number 56
2. 'Revenge is ___ best served cold'
3. Eight's follower, CB Radio style
4. FIFA Women's World Cup Canada 2015... Team Canada players

on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across

5. Capri attraction in Italy, Blue ___
6. Lake: French
7. "Congratulations ___ order!"
8. Quit
9. Sea eagles, variantly
10. Make available: 2 wds.
11. Grazing land
12. Paddle
13. Building wing
19. Uses the blender this way

21. Geog. feature
24. Articles
26. Attach a patch: 2 wds.
27. Mortimer ___ (Noted ventriloquist puppet)
28. Comical dog
30. Spray in Joni Mitchell's "Big Yellow Taxi"
31. Money-spent transaction
32. CBC Radio One program DNTD = Definitely Not the ___
34. ___-hee! (That's funny!)
35. Beneath
37. Common sitcom roles
38. Draw back
39. Tit-for-___
40. Lady on Canadian money: 2 wds.
45. 7-___ (Slurpee seller)
47. ___ of London (Underwriter)
48. Actor Jason
50. "This house ___ many great features." ...pointed out the real estate agent
51. Font choice
52. Sun's one-of-some: acr. + wd.
53. Still ___ (Maya Angelou poem)
54. Homes for chirpers
56. Gumption
58. Hmms...
59. Snooze
60. "Michael Collins" (1996) org.
61. "Voices Carry" by '___ Tuesday

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be.

Taurus April 21 - May 21
You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

Gemini May 22 - June 21
Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

Cancer June 22 - July 23
You will be both sociable and aloof over the next 24 hours. Conflict-ing aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

Leo July 24 - Aug. 23
You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life — loved ones need to know they still come first.

Virgo Aug. 24 - Sept. 23
A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good — you're too smart to be fooled.

Libra Sept. 24 - Oct. 23
If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

Scorpio Oct. 24 - Nov. 22
If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

Sagittarius Nov. 23 - Dec. 21
Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done.

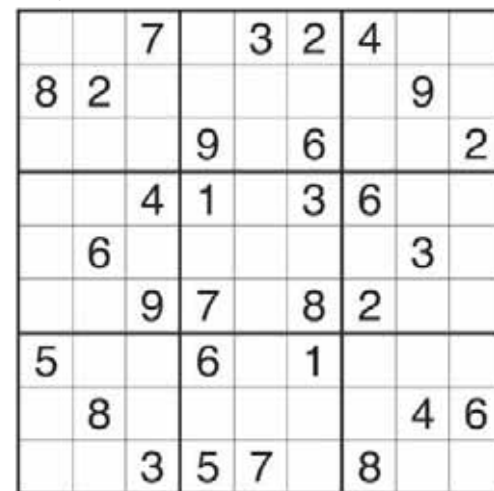
Capricorn Dec. 22 - Jan. 20
Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

Aquarius Jan. 21 - Feb. 19
You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

Pisces Feb. 20 - March 20
Because you can sense that major changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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